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WGU C458 HEALTH,WELLNESS AND FITNESS (OA) OBJECTIVE ASSESSMENT EXAM 2023-2024 ACTUAL EXAM TEST BANK 430 QUESTIONS AND CORRECT DETAILED ANSWERS WITH RATIONALES|ALREADY GRADED A+

What do lipids do for the body? - ANSWER- -insulates the body against changes in body temperature

-protects underlying tissues by acting as a shock absorber

Vegetarians must combine different foods to ensure they provide all the _____ _____ _____ . - ANSWER- -essential amino acids

What are the nutritional recommendations to help prevent certain cancers? - ANSWER- -eat a variety of fruits, veggies, lean meats, and fish

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-consume foods with adequate starch and fiber

-limit sugar intake

What part of a nutrition label should people with high blood pressure pay most attention to? - ANSWER- -cholesterol ratio (compared to daily calories, 1:2)

What do people with high self-esteem do? - ANSWER- -take reasonable risks

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-solve problems

-nurture themselves

-confront frightening things

What are some signs of childhood depression? - ANSWER- -inappropriate guilt

-inability to concentrate

-thoughts of suicide

What are the common symptoms of stress? - ANSWER- -smoking more often

-stuttering momentarily

-acting impulsively

-grinding teeth

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What are some tips to manage stress? - ANSWER- -eat healthy food

-get sufficient sleep

-learn time management skills

How do peer relationships change during emotional development? - ANSWER- -friends become increasingly important as child ages

How should you help someone through the stages of grieving? - ANSWER- -be a good listener

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-encourage self care

-provide practical help

-make contact

What are some signs of anorexia? - ANSWER- -compulsive behavior

-intense fear of weight gain

-low self image

What are some signs of bulimia? - ANSWER- -erosion of tooth enamel

-throat abrasions

-unusual swelling of cheeks and jaw

-calluses on the knuckles

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What are some signs of a binge eating disorder? - ANSWER- -clinical obesity

-compulsive overeating without purging

What is the most common emotional response to terminal illness? - ANSWER- -denial

What is the job of the integumentary system? - ANSWER- -forms a protective barrier

-regulates body temperature

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What is the job of the central nervous system? - ANSWER- -regulates muscle coordination

-controls blood pressure

-regulates thirst and hunger

-regulates body temperature

What are some symptoms of the common cold? - ANSWER- -obstructed breathing

-teary eyes

What diseases are classified as infectious? - ANSWER- -cholera

-HIV/AIDS

-mononucleosis

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What diseases are classified as non-infectious? - ANSWER- -asthma

-emphysema

-Parkinson's Disease

What are some of the physical changes that happen during a normal aging process? - ANSWER- -thinning of the epidermal layers

-decreased manual dexterity

-ocular degeneration

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